

Concrete Work Safety: Identifying and Preventing Hazards

Concrete work is physically demanding and comes with various **hazards** that workers must be aware of to stay safe. While efficiency is important, **taking time to recognize and mitigate risks** can prevent injuries. Proper **planning, elimination of hazards, and clear communication** are key to maintaining a safe work environment.



Common Hazards in Concrete Work

1. **Concrete Burns** – Fresh concrete is **caustic and abrasive**, leading to **skin irritation and chemical burns**.
2. **Slips, Trips, and Falls** – Rebar, formwork, and uneven surfaces create **trip hazards** in work areas.
3. **Caught-in/Between Incidents** – Workers can become **trapped between equipment, formwork, or machinery**.
4. **Struck-by Hazards** – Tools, equipment, and materials pose **risks of impact injuries**.
5. **Manual Handling Injuries** – Lifting, shoveling, and moving materials can **cause strains and muscle injuries**.

Safe Work Practices

1. Preventing Concrete Burns

- Wear **long sleeves, gloves, safety glasses, and rubber boots** to prevent **skin contact** with fresh concrete.
- **Wash off concrete** immediately if it touches the skin to reduce the risk of burns.

2. Reducing Slips, Trips, and Falls

- Keep work areas **clear of rebar, tools, and debris**.
- Be **aware of uneven ground** and **watch where you step** to prevent falls.

3. Avoiding Struck-by Hazards

- **Use tools correctly** and maintain a **secure grip** when swinging hammers or handling equipment.
- Be cautious around **concrete pump booms and truck chutes**—wear a **hard hat** and use a **spotter** to communicate movements.

4. Preventing Manual Handling Injuries

- Use **proper lifting techniques**: lift with your legs, not your back.
- Work with a **buddy** when moving heavy or awkward objects.
- When shoveling, **avoid twisting** your back and handle only a **manageable amount** of material.
- Start each shift with **stretching or light movement** to warm up muscles and prevent strains.

Key Takeaway: Prioritize Safety and Teamwork

Concrete work can be hazardous but preplanning and hazard recognition are critical in preventing injuries. Communicating with coworkers, maintaining a clean work area, and using proper safety practices make the job site safer for everyone. Before starting work, assess your surroundings and eliminate as many hazards as possible.

SAFETY TRAINING SIGN IN SHEET

TRAINING TITLE			
DATE & TIME		LOCATION	
COMPANY		TRAINER	

NAME	SIGNATURE	PHONE